

Since compiling the latest Ramble Sheet John Smythson has been sent or has otherwise acquired a lot of data which suggest definite or possible rambles, but because the take-up of the Ramble Sheets was so disappointing he doesn't consider it worth producing more. Instead he will describe briefly what he's got. Anybody who wants to hear more about any of them should contact him at johnsmythson@aol.com or 01883 717946 or Claremont, Holland Lane, Hurst Green, Oxted, Surrey RH8 9AS. Available as **PHOTOCOPIES ONLY** - costs being 5p per photocopy (at present) and postage.

First, a word about cycle trails. They are almost entirely on good surfaces and have no stiles, kissing gates, etc. but they do make a lot of use of roads. I find that vehicles give me a wide berth; nevertheless a reliable companion or some bravery or foolhardiness is needed.

'Countryside Places around Croydon' (Surrey) A pack of 14 leaflets with excellent maps and many definite rambling possibilities

'Colne Valley Cycle Trails' (Essex) A pack of 14 leaflets with excellent maps. These on-road trails are 21,22,25 and 50 miles long; all can be shortened.

'Cycling Discovery Maps' (Essex) Two of them. Lots of information as well as the maps.

'Discover the Royal Military Canal' (Kent/E. Sussex) A magazine cutting giving a bit of history and the source of 'a pack of 10 self-guided walks'. Speculative.

'Cycling in Colchester' (Essex) A good leaflet. It covers some Colchester environs.

'The Wandle Trail' (Wandsworth, South West London to Carshalton, Surrey) Leaflet comprising a map and illustrated guide. It describes a walk, but the knowledge that rivers (the Wandle is one) are level and a look at the map suggest that this is worth a go, or at least parts of it are. ((A later version apparently incorporates inf. for wheelchair users and it seems you get it by ringing Groundwork Merton on 0208 687 4050 or visiting www.wandletrail.org.uk)

'Chilterns Country: Walk like the clappers' Leaflet describing three walks. Enough detail is given for you to judge what can be rambled.

'Chilterns Country: 'Red kite walks' Leaflet describing three walks. You can almost certainly scoot the Paddington walk but not the other two.

'Chilterns Country: 'West Wycombe and Bradenham walks' Leaflet describing several walks. Again, the detailed descriptions allow you to judge what's scootable.

'The Phoenix Trail' Leaflet describing what is the Princes Risborough(Bucks)/Thame(Oxon) part of the National Cycle Network. It's definitely scootable.

'Burnham Beeches Walks' (Bucks) Leaflet describing the many scootable trails in these ancient woods.

'Black Park Walks' (Bucks) Leaflet describing the many scootable trails in this country park.

'Time Travellers Walk – East London Waterways' Waterscape document describing a walk, the Regents Canal bit is definitely scootable; as for the rest judge from the document .

Whisby Nature Park in Lincolnshire looks from internet documents to have scooter-friendly parts. Visit www.lincstrust.org.uk/reserves.

'Exploring Henley and Remenham Wood" (Oxon.) Waterscape document with disabled access information. Most of the trail is definitely OK for scooters but there are obstacles which may or may not be avoidable.

'Exploring Hambledon and Henley" (Oxon.) Waterscape document with disabled access information. Most of the trail is definitely OK for scooters but there are obstacles which may or may not be avoidable.

There follow a number of possible rambles in Scotland. They do not amount to a full coverage of Scotland, for which you should consult the Scottish Disabled Ramblers, an organization like this one. They have a web site; their postal address is also available from Disabled Ramblers.

Dalzell Estate Lottery Project (North Lanarkshire) This is a developing area which will have scooter-friendly trails. Just what there is at a given time is found out by contacting The Conservation and Greening Manager, Community Services, Conservation and Greening Unit, North Lanarkshire Council, Palacerigg House, Cumbernauld G67 3HU (www.northlan.gov.uk)

All the Highland ones which follow were sent by the Director of Planning and Environment, The Highland Council, Glenurquhart Road, Inverness IV3 5NX.

'Pathsinverness" (Highland) Leaflet describing 14 walks in and around Inverness, It puts the wheelchair symbol at the top of the description of each appropriate walk.

“Paths around Foyers” (Highland; by Loch Lomond) Leaflet describing 6 walks. There’s enough information for one to judge which are worth a go.

“Paths around Nairn” (Highland – some miles E of Inverness) Leaflet describing 12 walks in and around Nairn. There’s quite a lot of information (but it’s not comprehensive) to help you judge which you can do on a scooter.

“Paths around Laggan” (Highland – SE of Fort Augustus and SW of Aviemore) Leaflet describing 18 walks. Information helping you to judge which to tackle on your scooter could be better but is clear for some of the.

“Paths around Kingussie” (Highland – S of Inverness and SW of Aviemore) Leaflet describing 8 walks. There’s enough information for one to judge which are worth a go.

“Paths around Cannich” (Highland – SW of Inverness and N of Fort Augustus) Leaflet describing walks. There’s enough information for one to judge which are worth a go.

“Paths around Drumnadrochit” (Highland; SW of Inverness near Loch Ness) Leaflet describing 6 walks. There’s enough information for one to judge which are worth a go.

“Paths around Fort Augustus” (Highland; at the bottom end of Loch Ness) Leaflet describing 9 walks. There’s enough information for one to judge which are worth a go.

“Paths around Invermoriston” (Highland; SW of Drumnadrochit and NE of Fort Augustus, by Loch Ness) Leaflet describing 5 walks. There’s enough information for one to judge which are worth a go.

“Paths around Abriachan” (Highland; NE of Drumnadrochit and SW of Inverness, by Loch Ness) Leaflet describing several walks, some bring and perhaps by now fully developed. There’s enough information for one to judge which are worth a go.

“Paths around The Aird” (Highland; W of Inverness) Leaflet describing 8 walks. There’s enough information for one to judge which are worth a go.

“Explore Achvarasdal Woodlands” (Highland; N of Thurso, Caithness) Leaflet describing an easy walk. “Wheelchair accessible” printed on the front.

“Explore Forests of the far north” (Highland; various parts) Leaflet describing several walks; nothing about accessibility, so you must judge from the descriptions which to try.

“Follow the Castlehill Flagstone Trail” (Highland – near Thurso, Caithness) Leaflet describing this trail. An accompanying letter says it’s an all-abilities trail but it’s only about 500 meters long.

“Glentress Forest” Leaflet describing several walks with the wheelchair symbol on the front. Which of the walks is wheelchair-friendly is not clear.

“Newcastleton Forest” (Borders) Leaflet describing several walks of which at least one is suitable. Others may be; which you try depends on your interpretation of the descriptions.

“Newtonhill Community Woodland” (Highland) Leaflet describing the main trail in it; it’s an all-ability trail of about 1 km.

“The Clyde walkway” (Glasgow to New Lanark) Pack of five leaflets plus an overall one describing this 40 mile walkway which is divided into five sections. The first three identify wheelchair-friendly paths and an accompanying letter says that the others may well be suitable for a powered wheelchair. (The letter gives more helpful detail; I’ll send a copy on request.

John also has a number of leaflets offering rambles (most contain several) and other countryside things going spare. For a small cost he will post any of them to anybody who sends their request (and the money - in stamps if preferred.) The leaflets are:

Devon - ‘The Granite Way’ an 11 mile cycle/walkway from Okehampton to Lydford’ (75p)

West Sussex - ‘Wheelchair walks’ (75p)

Kent - ‘Walks for all in Kent and Merdway’ (75p)

Mid Suffolk - ‘Access to the countryside’ (75p)

Shropshire - ‘Countryside access in Shropshire for Disabled people’ (50p)

Derbyshire, Peak District - ‘Monsal Trail’ (50p)

“ “ “ - ‘Longendale: Visitor’s guide to the Land of Long Views’ (75p)

“ “ “ - ‘Access for all’

Lancashire - ‘Low mobility access to countryside sites’ (75p)

North Yorkshire - ‘Easy going North York Moors’

Cumbria, Lake District - ‘Countryside access for people with limited mobility’ (75p)

Durham - ‘Ways to wander’ (75p)

Caithness - ‘Follow the Castlehill (flagstone) trail’ (50p)